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ABSTRACT

This health and nutrition curriculum for students in grades K-8 teaches students good health habits in order to improve their quality of life. The curriculum consists of a series of activity sheets that offer entertaining and educational activities designed to motivate students to learn while they have fun. Each activity sheet contains a five-digit code which represents its recommended grade levels. Answers are provided for each sheet where necessary. Teachers may choose to provide the answers when they reproduce the sheets for their classes. The activities include: Fruit Fun; Exercise Makes Your Heart Strong; Alphabet Stew; Be a Low-Fat Detective; Foods Can Help or Hurt Your Heart; Fat and Cholesterol are Bad; Food Find; Healthy Snacks--Find All 11!; Happy Heart Word Find; Can You Find Your Pulse?; One-Letter Change; Healthy Heart Crossword Puzzle; Nutrition Haiku; Fun with Acrostics; Find the Hidden Message; Carrots are on Top; Learning About Labels; High or Low?; Test Your Exercise and Heart Smarts; and Two-Letter Change. The curriculum also describes how to make traditional classroom activities into nutrition education activities. (SM)

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ED 431 746

National **Heart Savers** Association
9140 West Dodge Road
Omaha, Nebraska 68114

Health and Nutrition Curriculum

Informative and Fun for K-8!
Enclosed – Choose From
Over 20 Educational Activities!
Also Available On-line at
www.heartsavers.org

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National **Heart Savers** Association
9140 West Dodge Road
Omaha, Nebraska 68114

PHIL SOKOLOF, President

HOW TO BUILD A STRONG AND HEALTHY BODY!

Hello Students,

I am happy that you and your teacher are interested in better health. It is very important that you eat the right foods and exercise regularly to keep your heart and body strong and healthy. You must exercise and eat good foods to keep from becoming overweight and to build that strong, healthy body.

I would like to take a minute to tell you about what happened to me. As a young man I had a heart attack and almost died. The heart attack was a surprise because I thought I was in good health. I exercised regularly, I was thin, and I didn't smoke. So, what caused the heart attack? CHOLESTEROL! Cholesterol is a kind of fat in your blood. Your body makes too much when you eat lots of high-fat foods. I ate hamburgers, hot dogs, and ice cream - just about anything creamy or greasy. The way I was eating caused my cholesterol to be twice as high as it should have been.

Since that time doctors have discovered that high levels of cholesterol cause your arteries to clog up. Arteries carry blood to different parts of your body, including your heart. When arteries are blocked, your heart and body don't get the oxygen and nutrients they need.

Cholesterol is in fatty, greasy foods like whole milk, butter, eggs and meat. Eating too much of these foods will raise your cholesterol level. Foods cooked in animal fat will also raise your cholesterol.

To keep my cholesterol level low and to stay healthy, I exercise and eat lots of fruits and vegetables. I drink skim milk and use soft margarine. I also make sure that meat is very lean. There are a lot of great, tasty foods now that have very little fat and cholesterol.

More than half of you have too much cholesterol in your blood. So do your mothers and fathers. You can help your parents shop for more healthful foods by reading the "Nutrition Facts" food labels. You can help them find the good foods by looking for the things with the lowest number of grams of fat, especially saturated fat. The lower the number, the better.

I hope you will take these activity sheets home and talk to your family about them. They're fun. And your parents can learn something new. Wouldn't it be great to help your family live longer, healthier lives?

As for you, don't be a couch potato. That's the worst! Exercise, eat right, and build that strong, healthy body!

Your friend,

Phil Sokolof

Phil Sokolof
President

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Check it out . . . www.heartsavers.org . . . It could save your life!

DEAR TEACHERS:

It is important to convey nutrition and exercise information to your students. We offer an easy and interesting way to get your pupils involved!

It is imperative that children learn good health habits in order to improve their quality of life. Developing these habits early enhances their potential for enjoying longer, healthier lives. The material you are now exploring is designed to stimulate your students' interest.

National Heart Savers Association is the acknowledged leader in making Americans aware of the dangers of cholesterol and saturated fat in their diets. Our web site includes some background on our unique organization.

Many teachers today are eager to present good, yet simple and easily understood, nutrition information. We feel our activities meet this need and allow students to have fun in the process. In addition to a number of activity sheet masters, you will find answer keys and other informative resources to download. Each activity is designed to print out on a single page. If your browser extends it, you may need to cut and paste to obtain a good master. This is by no means a stand-alone curriculum. The materials, along with these notes, will provide your students with an enriching health and nutrition experience.

GENERAL NUTRITION INFORMATION

Nutrition requirements for children vary greatly based on age, size and activity level. National guidelines recommend that no more than thirty percent of daily caloric intake should come from fat, and less than ten percent should come from saturated fat. The consensus among lipid experts is that saturated fat is the major culprit in clogging arteries, leading to heart attack, and it starts at four to six years of age. A dramatic correlation has been established between eating any type of fat and many forms of cancer. Consequently, it is inevitable that lower levels of fat consumption will be the future standard. Your life expectancy will be increased by reducing your intake of fat.

GRADE-LEVEL CODES

Each activity sheet contains a five-digit code which represents its recommended grade levels. In some cases the sheet may apply to the upper or lower cusp of the grade grouping. The **first** and **fifth** digits of the number reveal the probable appropriate grade range. The middle three digits are meaningless. For instance, 14983 indicates an activity geared to first through third graders. The digit for kindergarten is 0.

GENERAL INSTRUCTIONS

Answers are provided for each sheet where necessary. You may, at your discretion, choose to provide the answers when you reproduce the sheets for your class. Experiment with both approaches. You may find them surprisingly stimulating in different ways.

The beauty of this format is that many of these sheets will be springboards for class discussion and will help generate interaction with the children's families.

FRUIT FUN Grades K-2

Fruit is an extremely important part of a healthy diet. Encourage eating fruit as a healthful alternative to sugary, fat-laden snacks.

The class simply provides the missing letters to complete the names of various fruits.

EXERCISE MAKES YOUR HEART STRONG Grades K-2

As you introduce this sheet, discuss some of the exercises children enjoy doing. Have the youngsters color the sheet and draw their favorite exercise. You can have the students talk about their drawings and why they chose those activities.

ALPHABET STEW Grades K-2

Students should be able to speed through the more obvious of these foods very confidently. They may not even keep track of the letters they've used until they get to "veal," "zucchini," and "oxtail soup." These words will naturally lead to discussion of unusual foods. Encourage students to try unfamiliar, yet healthful, dishes!

BE A LOW-FAT DETECTIVE Grades K-2

Have the students draw lines from the healthful, low-fat foods to the shopping cart. The class may enjoy coloring the foods as well. You may want to discuss each of the foods with the class, pointing out why each is heart-healthy or not. "Learning About Labels" can be introduced here to the upper grade levels. It is a natural progression for your students.

FOODS CAN HELP OR HURT YOUR HEART Grades K-3

You may want to read this activity with younger students. The students need to draw a circle around the foods that are good for their hearts. After they have completed the page, discuss it. You should make them aware that some of their favorite foods (e.g. ice cream, donuts, etc.) are not very nutritious, although low-fat or fat-free ice cream and yogurt can be delicious and healthful. Ultimately, they should be able to identify foods they eat as being low in fat or high in fat. You might link this exercise to what they have for lunch at school.

For the two questions at the bottom, have your students list what they ate yesterday and circle the healthful foods. Have a contest to see who ate the most healthful foods. Yesterday's or today's lunch menu is an alternative.

Challenge your students to keep a food diary for a week. Then rate their choices according to your heart-healthy/high-fat grading system. This should capture your pupils' interest.

HINT IN THE MIDDLE Grades 1-3

We have provided one letter of each answer in this version for younger students ("Hint" In The Middle). Use this activity as a springboard for discussion about nutrient-packed foods.

FAT AND CHOLESTEROL ARE BAD Grades 1-8

Have the students make as many words as possible from the letters provided. Timing them makes the game more interesting. For the first 5 minutes, have them list their words on the top half of the page. For the next 5 minutes, have them move to the bottom half of the page.

This exercise makes an excellent group activity. Set up teams of two, three or four students. Provide appropriate recognition to the students or groups who get the most words in 5 minutes and the most in 10 minutes.

This lends itself well as a take-home piece, allowing students and their families to search more diligently for more words.

FOOD FIND Grades 2-5

The words run left to right, top to bottom or diagonally. There are no reversed words in this puzzle.

This game also lends itself to team competition. It's another great take-home piece. Deleting some or all of the word clues will greatly increase the challenge.

HEALTHY SNACKS – FIND ALL 11! Grades 2-6

This traditional "hidden-in-the-picture" puzzle contains excellent snacks for children. Encourage students to ask for these nutritious foods at home. Send the activity home to give parents some new ideas.

HAPPY HEART WORD FIND Grades 2-6

This puzzle can be used as a stand-alone mental exercise. In addition, the diversity of the twenty words may provide a platform for lively class discussion. You can explore how each word affects or is related to heart health. Various competitions can be held. Students can choose or be assigned one or more of the words to research. They can write a brief essay on the connection to a healthy heart.

CAN YOU FIND YOUR PULSE? Grades 2-8

Begin by helping the children find their pulse. Some of them will find their pulse with little difficulty, while others will need your assistance. Once they find it, have them count the beats for 15 seconds. Usually, counting the beats for 15 seconds is sufficient. Add a little simple math to the equation by having them multiply by 4 to give their pulse rate in beats per minute.

Have the class run in place for 5 minutes and repeat the 15-second counting process to determine their pulse.

Finally, have them count again after resting for 5 minutes. Discuss the results with the class. Point out that their hearts, like any muscle, get stronger and work better when exercised regularly.

In exercising, you should sustain an increased heart rate for 20 or 30 minutes. However, even 5 or 10 minutes is helpful. Exercise combined with a low-fat, high-carbohydrate diet will build a strong, healthy body.

You will find it interesting to know that over one-half of adults do not know how to check their heart rates. Your students will revel in knowing they have mastered an important procedure that more than 100 million adults in the United States cannot perform.

ONE-LETTER CHANGE Grades 3-5

Change one letter of each word to form the name of a heart-healthy or high-fat food. Most of the changes involve the first or last letter.

HEALTHY HEART CROSSWORD PUZZLE Grades 2-6

This puzzle can be staged as a contest by seeing who can finish first. Reviewing the answers will trigger a discussion regarding which foods fall into the greasy, creamy and sugary food categories. For a greater challenge, the word list can be omitted.

This activity is also good to take home and share with families – especially without the word list.

NUTRITION HAIKU Grades 4-8

Haiku is probably the first poetry form young students learn. If they are unfamiliar with haiku (hi-koo), explain that lines one and three have five *sounds* each. This may be a simpler concept than "syllables." The middle line has seven *sounds*. Assure children that any aspect of exercise or nutrition will make an appropriate poem.

FUN WITH ACROSTICS Grades 4-8

This activity allows students to create health messages within an interesting structure. Those unfamiliar with acrostics might need you to point out that some of the sample statements are one sentence long, but others have periods within the acrostic. You might also remind them that lines might be short or long or a combination by indicating the "HEART" and "LEAN" acrostics. Encourage students to let their imaginations run free.

FIND THE HIDDEN MESSAGE Grades 4-8

Instructions for this activity appear on the page. Some of the words have overlapping letters. Caution students to circle found words very neatly so it will be clear which letters are left. This activity may work well for older students by omitting some of the word list. If the students need help, give them oral clues. Some of them may want to take this piece home.

CARROTS ARE ON TOP Grades 4-8

The title is an obvious clue to the top word and can be used for an example. The word-find can be made more exciting by timing it. Again, a competition can be arranged by recognizing the youngsters or teams who find the most words in 3 minutes or who find them all first. The list of vegetables can be deleted to increase the difficulty.

This is another super take-home piece.

LEARNING ABOUT LABELS Grades 4-8

Our organization was a major force in the passage of the Nutrition Labeling and Education Act. Our president was named the Honorary Co-Sponsor of the bill. It requires that all packaged foods identify precise quantities of calories, cholesterol, sodium, sugar, etc. – most importantly total fat and saturated fat. The labels enable consumers to make informed food choices to live longer, healthier lives.

The significance of these labels cannot be exaggerated. Your students will benefit from the knowledge you impart to them for their entire lives.

This sheet is designed to generate familiarity with the labels. Begin by asking basic questions about the illustrated label (e.g. "How big is a serving?" and "How many calories in one serving?"). Expand on this by gathering a number of labels and having the class make comparisons.

For your edification, we have provided reference information on the food labels from the U.S. Government. Your more advanced students may enjoy delving more deeply into the intricacies of the food labels. The labels will help many students who are becoming aware of nutrition and exercise as part of building a strong body.

HIGH OR LOW? Grades 5-8

Assure students that they are not expected to know these answers. The object is to have fun making an educated guess, then to find out how they did on each question. The lesson comes from discovering the sometimes surprising actual numbers. This should stimulate discussion!

IN THE MIDDLE Grades 5-8

To make this exercise more challenging for older children, you may want to withhold the answer list at the bottom until students become stuck. Some may require no prompting at all, although this is a very challenging exercise. Use this activity as a springboard for discussion about nutrient-packed foods.

TEST YOUR EXERCISE AND HEART SMARTS Grades 5-8

Students will be surprised by some of these answers! This activity progresses naturally to "Can You Find Your Pulse?"

TWO-LETTER CHANGE Grades 5-8

Change the first and last letters of each word to form the name of a heart-healthy or high-fat food. This is another good contest piece. Some of the changes are difficult. They also could prove challenging to many parents!

ADDITIONAL ACTIVITIES

An unlimited number of classroom activities can be readily organized to expand the sensory impression of nutrition lessons. These include tasting various fruits, vegetables and low-fat foods. The class could plan a menu or prepare simple low-fat recipes. Some additional ideas follow.

Have children prepare and taste raw fruits and vegetables. Perhaps they have never tasted turnips, rutabagas, mangoes, kiwi, persimmons and many others unfamiliar foods.

Have children plant radish seeds. Of all vegetables, they are the fastest and easiest to grow.

Children can learn about nutrition by following a simple recipe to prepare their own fruit cup.

For upper grade levels, assign one of the major nutrients (carbohydrates, proteins, fats, vitamins, minerals, and water) to any interested student to research and then have them give a brief report to the class.

Discuss which nutrients are provided from each food on the school lunch menu. Have children put foods found on the school lunch menu into proper food groups.

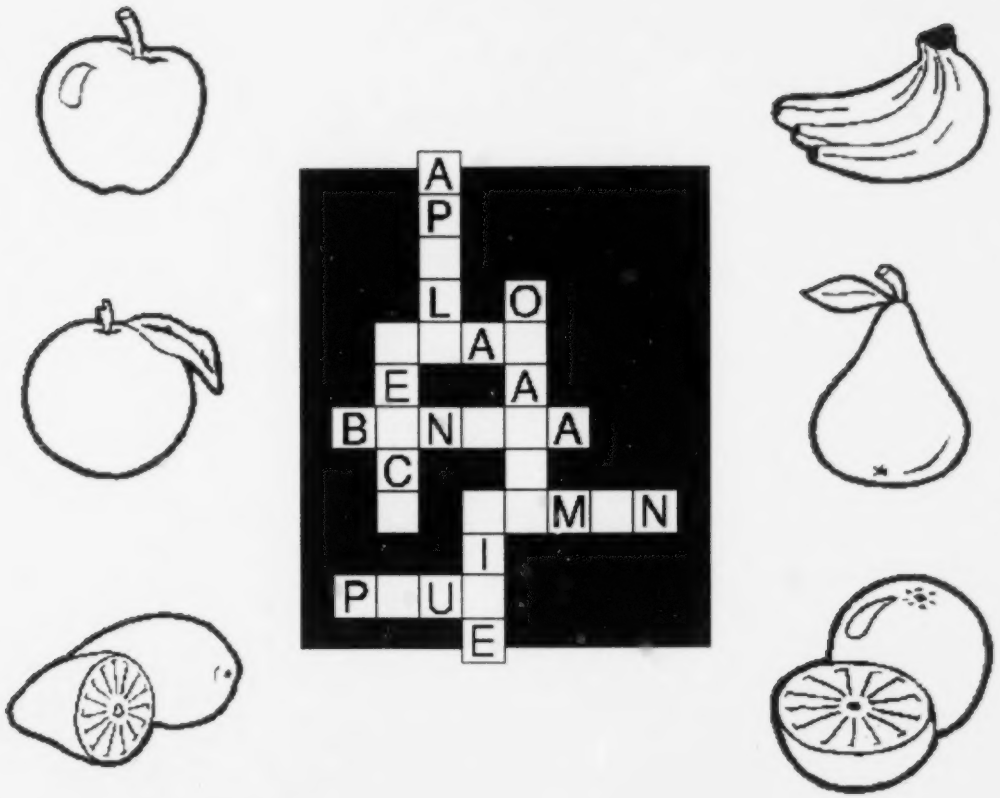
Have youngsters at lower grade levels list the reasons our bodies need food (i.e.: to build strong bones, to provide energy, to grow, to stay healthy, etc. . .).

Ask your class to spend the next week tasting the healthful foods they haven't tried previously. Discuss foods children refuse to eat and why. What are their aversions and preconceived notions? Try to dispel any misconceptions blocking students from trying the foods.

Most fast food restaurants serve primarily high-fat foods. Ask students to bring in the nutrition information that is offered. Compare the various burgers, chicken sandwiches and other fare to determine the selections lowest in fat and saturated fat. Many fast food restaurants serve chicken and salads with low-fat dressing that are healthful and low in fat.

An interesting project is to have students determine the highest-fat meal combo in any fast food restaurant. Then have them plan the lowest-fat meal. The difference will be striking . . . the highest-fat meal will have 15 to 20 times the fat!

FRUIT FUN



Fill in the missing letters to find the types of fruit.
Fruit is a great snack. It is tasty and helps build a strong body.

01982

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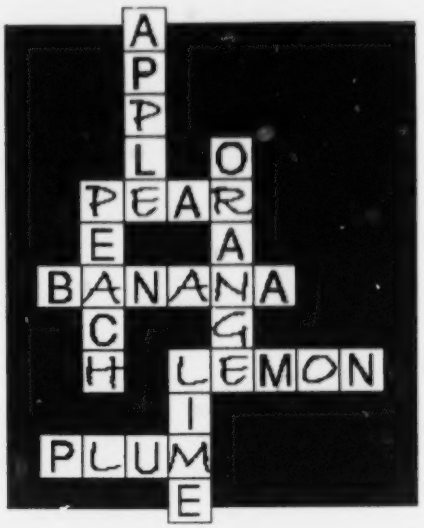
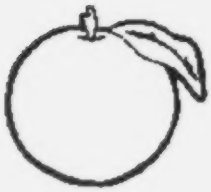
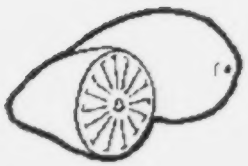
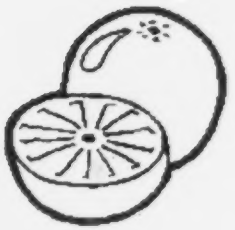
Answers to . . .FRUIT FUN









Fill in the missing letters to find the types of fruit.
Fruit is a great snack. It is tasty and helps build a strong body.

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EXERCISE MAKES YOUR HEART STRONG!

You can have a healthy, happy heart by eating good foods and exercising.

Color these exercises that you can do every day.
Draw a picture of your favorite exercise.

04262

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ALPHABET STEW

Fill in the blanks below with the 26 letters of the alphabet so that two healthful foods are revealed in every row. You may cross off each letter of the alphabet as you use it, because it will be used only once. As an example, the letter P has been filled in in the first row to complete the word PINEAPPLE.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

PINEAPPLE

CA_TALOUPE

_UCCHINI

BROCCO_I

ARTIC_OKE

PAST_

RAI_INS

_ACARONI

ASPARAG_S

BLUE_ERRIES

CH_RRIES

_RANBERRIES

CHIC_EN

_OGURT

CAR_OTS

RA_ISHES

O_TAILSOUP

_EAL

GRAPE_RUIT

TANGER_NE

CABBA_E

_UICE

LE_TUCE

WATERMEL_N

S_UASH

_ALNUTS

04412

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Answers to . . . ALPHABET STEW

Fill in the blanks below with the 26 letters of the alphabet so that two healthful foods are revealed in every row. You may cross off each letter of the alphabet as you use it, because it will be used only once. As an example, the letter P has been filled in in the first row to complete the word PINEAPPLE.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

PINEAP**P**LE	**Y**OGURT
CA**N**TALOUPE	CAR**R**OTS
ZUCCHINI	RA**D**ISHES
BROCCO**L**I	O**X**TAILSOUP
ARTIC**H**OKE	**V**EAL
PAST**A**	GRAPE**F**RUIT
RAI**S**INS	TANGER**I**NE
MACARONI	CABBA**G**E
ASPARAG**U**S	**J**UICE
BLUE**B**ERRIES	LE**T**TUCE
CH**E**RRIES	WATERMEL**O**N
CRANBERRIES	S**Q**UASH
CHIC**K**EN	**W**ALNUTS

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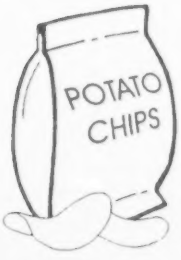
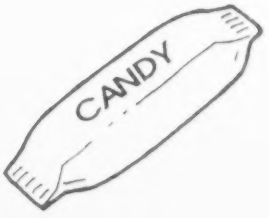
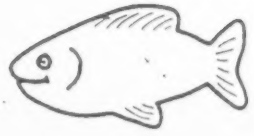
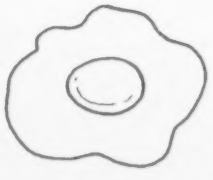
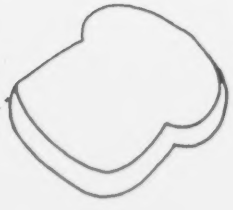
BE A LOW-FAT DETECTIVE











Draw a line from each healthy food to the shopping cart.

06472

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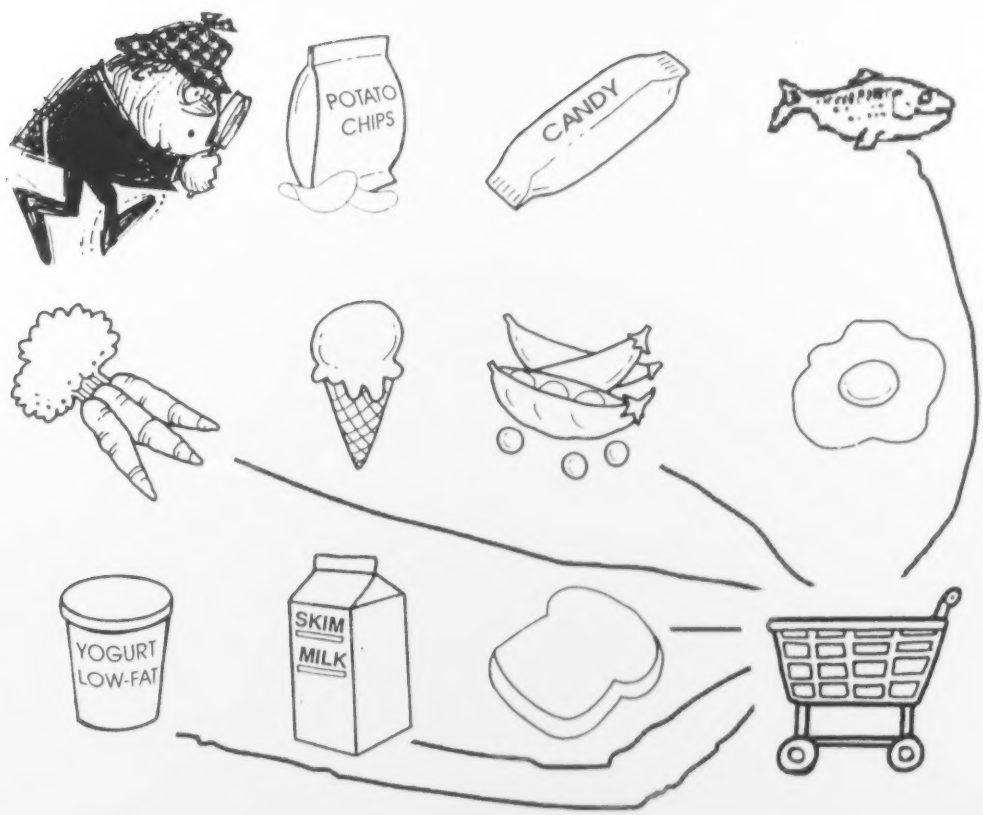
Answers to . . . BE A LOW-FAT DETECTIVE



Draw a line from each healthy food to the shopping cart.

06472

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FOODS CAN HELP OR HURT YOUR HEART

Many foods are heart healthy, while others are high in fat.

Fresh fuits and vegetables, skim milk and white turkey are heart healthy.

Lots of foods have fat you can't see. Fat raises your cholesterol and can harm your heart.

Butter, candy, cream and fried foods have hidden fat.

There are now low-fat lunch meats and hot dogs with very little or no fat.

When you go shopping at the supermarket, check labels and buy foods with the smallest amount of fat. Some foods have none or only 1 or 2 grams of fat.

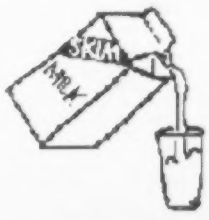
It's great fun to look for and find low-fat foods because you can help your family become healthier!

CIRCLE THE HEART-HEALTHY FOODS

LOTS OF FRUIT

BUTTERY POPCORN

SKIM MILK



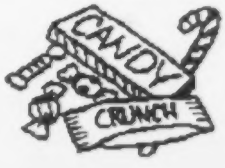
ICE CREAM

CHIPS

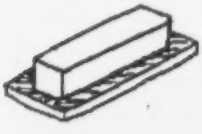
WATERMELON

WHITE TURKEY

CANDY



BUTTER



CARROTS

FRIED CHICKEN

DONUTS

Turn the paper over and list the foods you ate yesterday.

How many heart-healthy foods did you eat?_____

How many high-fat foods did you eat?_____

Try to eat more good foods!

08593

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Answers to . . . FOODS CAN HELP OR HURT YOUR HEART

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CIRCLE THE HEART-HEALTHY FOODS

LOTS OF FRUIT

BUTTERY POPCORN

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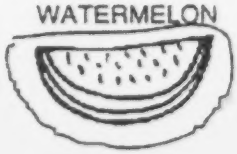
ICE CREAM

CHIPS

WATERMELON

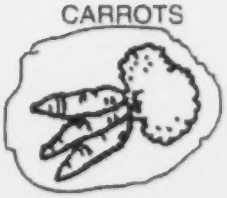


WHITE TURKEY

CANDY

BUTTER

CARROTS



FRIED CHICKEN

DONUTS

Turn the paper over and list the foods you ate yesterday.

How many heart-healthy foods did you eat? _____

How many high-fat foods did you eat? _____

Try to eat more good foods!

08593

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Return to Teacher's Page

HINT IN THE MIDDLE

Fill in the spaces "across" in each of the center rows with the name of a healthful food. Each "down" row will contain a common three-letter word. We've completed the first one for you and given you a one letter hint on the others.

P	M	A	I	R	C	E
_	_	_	_	_	_	_
T	N	E	P	D	T	F

P	M	A	I	R	C	E
O	**A**	**T**	**M**	**E**	**A**	**L**
T	N	E	P	D	T	F

A	T	E	A	P	A	A
_	_	_	**N**	_	_	_
E	P	F	T	T	E	H

E	B	I	A	P	I	L
_	_	_	**T**	_	_	_
F	T	S	E	P	Y	D

A	M	H	A	P	A	U
_	_	_	**S**	_	_	_
T	N	T	K	G	D	E

R	E	I	P	E	A	U
_	_	_	**O**	_	_	_
T	M	P	T	D	D	E

A	A	T	A	E	P	O
_	_	_	_	**K**	_	_
T	A	P	T	E	T	E

H	A	C	O	E	R	A
_	_	**A**	_	_	_	_
T	E	T	E	G	D	K

The answers may be found among these healthful foods:

cabbage	lettuce	peanuts	almonds	berries
oatmeal	walnuts	turnips	cashews	chicken
catfish	oranges	mangoes	carrots	raisins

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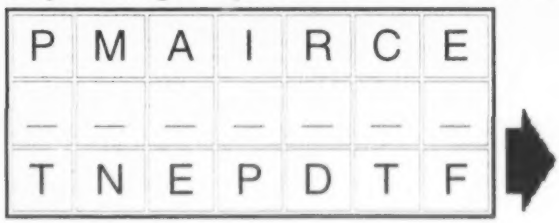
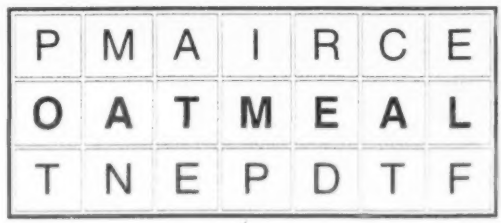
Answers to . . . HINT THE MIDDLE

Fill in the spaces "across" in each of the center rows with the name of a healthful food. Each "down" row will contain a common three-letter word. We've completed the first one for you and given you a one letter hint on the others.



P	M	A	I	R	C	E
_	_	_	_	_	_	_
T	N	E	P	D	T	F



P	M	A	I	R	C	E
O	**A**	**T**	**M**	**E**	**A**	**L**
T	N	E	P	D	T	F

H	A	C	O	E	R	A
O	**R**	**A**	**N**	**G**	**E**	**S**
T	E	T	E	G	D	K

E	B	I	A	P	I	L
L	**E**	**T**	**T**	**U**	**C**	**E**
F	T	S	E	P	Y	D

A	M	H	A	P	A	U
R	**A**	**I**	**S**	**I**	**N**	**S**
T	N	T	K	G	D	E

R	E	I	P	E	A	U
A	**L**	**M**	**O**	**N**	**D**	**S**
T	M	P	T	D	D	E

A	A	T	A	E	P	O
C	**H**	**I**	**C**	**K**	**E**	**N**
T	A	P	T	E	T	E

A	T	E	A	P	A	A
W	**A**	**L**	**N**	**U**	**T**	**S**
E	P	F	T	T	E	H

The answers may be found among these healthful foods:

cabbage	lettuce	peanuts	almonds	berries
oatmeal	walnuts	turnips	cashews	chicken
catfish	oranges	mangoes	carrots	raisins

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How Many Words Can You Make Using The Letters In

"FAT AND CHOLESTEROL ARE BAD"

How many in five minutes?

How many in ten minutes?

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How Many Words Can You Make Using The Letters In

Answers to . . . "FAT AND CHOLESTEROL ARE BAD"

How many in five minutes?

HOLE(S)

BEAR

TEST

BALD

SAND

ROLL . . .

How many in ten minutes?

BOTTLE

FASTER

STRETCH

COLLAR

CELEBRATE

TEACHER . . .

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FOOD FIND

FIND THE HEART-HEALTHY FOODS

	A	R	F	R	U	I	T	Q	X	V	L
	F	P	Z	P	E	A	R	S	D	E	P
GRAIN	C	R	U	S	F	A	Y	T	O	G	S
PEARS	I	O	T	B	I	C	L	I	P	E	S
FISH	Z	N	R	V	S	T	Y	D	C	T	E
FRUIT	P	H	Q	N	H	D	F	O	R	A	X
VEGETABLE	A	E	I	J	Q	G	K	H	A	B	L
CORN	S	G	R	A	I	N	U	P	M	L	J
	V	N	H	R	L	B	K	Z	F	E	X

FIND THE HIGH-FAT FOODS

B	B	M	A	V	F	Q	I	P	Y	E		
U	A	Q	F	E	T	D	J	B	K	D		
K	F	D	I	B	G	O	H	U	C	X		EGGS
R	C	L	Z	I	J	G	M	T	A	G		CREAM
H	D	O	N	U	T	S	S	T	N	G		FAT
Z	K	Y	O	B	N	X	P	E	D	R		BUTTER
S	M	C	F	A	T	E	H	R	Y	L		DONUTS
J	U	P	G	S	E	O	R	T	A	T		CANDY
A	N	C	R	E	A	M	G	V	L	C		

Words run horizontally, vertically and diagonally. There are no reverse words. How many of the 12 words can you find in 4 minutes? In 8 minutes?

27975

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Answers to . . . FOOD FIND

FIND THE HEART-HEALTHY FOODS

GRAIN
PEARS
FISH
FRUIT
VEGETABLE
CORN
A R F R U I T Q X V L
F P Z P E A R S D E P
C R U S F A Y T O G S
I O T B I C L I P E S
Z N R V S T Y D C T E
P H Q N H D F O R A X
A E I J Q G K H A B L
S G R A I N U P M L J
V N H R L B K Z F E X

FIND THE HIGH-FAT FOODS

B B M A V F Q I P Y E
U A Q F E T D J B K D
K F D I B G O H U C X
R C L Z I J G M T A G
H D O N U T S S T N G
Z K Y O B N X P E D R
S M C F A T E H R Y L
J U P G S E O R T A T
A N C R E A M G V L C
EGGS
CREAM
FAT
BUTTER
DONUTS
CANDY

Words run horizontally, vertically and diagonally. There are no reverse words.
How many of the 12 words can you find in 4 minutes? How many in 8 minutes?

27975

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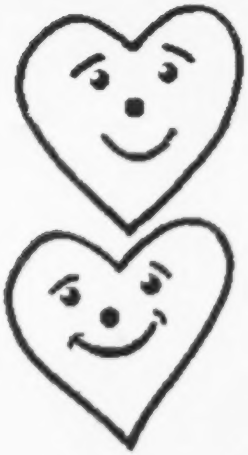
HAPPY HEART WORD FIND

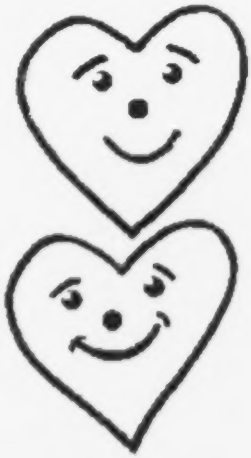
There are 20 words in this word search.
How many can you find in 5 minutes? Can you do them all? How fast?



Words to look for.
They all go down or across.

FAT
MILK
LEAN
FRUIT
LABEL
GREASY
HEALTHY
EXERCISE
VEGETABLE
CHOLESTEROL

E C T X J O W F T J A O V B
X N U Z S F B B C J E V E R
E R B L O O D D N U K P G O
R C H O L E S T E R O L E C
C Q S F T B Y K B X E E T C
I S A O R T R W T X K R A O
S V N L N R E R R B Q G B L
E M E A T N E P F U Y W L I
D W A T E R M E L O N N E M
B G Y J P Z F K H O U F A V
M R O Y Z S I L E H N F R L
A E G R E N S N K E O A C A
R A U B Q H H C V A J T O B
G S R T B E F W G R K N S E
A Y T K H A X O D T G M C L
R D E H N L V O C A V V N M
I P M Q K T I X J F R U I T
N T O N C H I C K E N J N T
E N C Z A Y W N S T M I L K
R S K I M F W T L E A N D B



Words to look for.
They all go down or across

FISH
SKIM
MEAT
HEART
BLOOD
YOGURT
CHICKEN
BROCCOLI
MARGARINE
WATERMELON

12345

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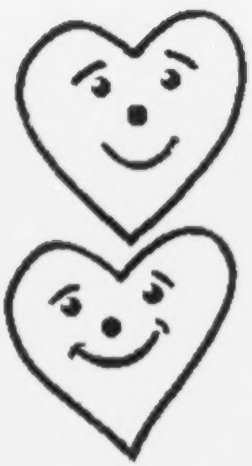
Answers

Answers to . . . HAPPY HEART WORD FIND

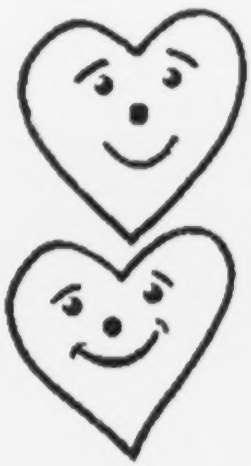
There are 20 words in this word search.
How many can you find in 5 minutes? Can you do them all? How fast?



Words to look for.
They all go down or across.

FAT
MILK
LEAN
FRUIT
LABEL
GREASY
HEALTHY
EXERCISE
VEGETABLE
CHOLESTEROL

E	C	T	X	J	O	W	F	T	J	A	O	V	B
X	N	U	Z	S	F	B	B	C	J	E	V	E	R
E	R	B	L	O	O	D	D	N	U	K	P	G	O
R	C	H	O	L	E	S	T	E	R	O	L	E	C
C	Q	S	F	T	B	Y	K	B	X	E	E	T	C
I	S	A	O	R	T	R	W	T	X	K	R	A	O
S	V	N	L	N	R	E	R	R	B	Q	G	B	L
E	M	E	A	T	N	E	P	F	U	Y	W	L	I
D	W	A	T	E	R	M	E	L	O	N	N	E	M
B	G	Y	J	P	Z	F	K	H	O	U	F	A	V
M	R	O	Y	Z	S	I	L	E	H	N	F	R	L
A	E	G	R	E	N	S	N	K	E	O	A	C	A
R	A	U	B	Q	H	H	C	V	A	J	T	O	B
G	S	R	T	B	E	F	W	G	R	K	N	S	E
A	Y	T	K	H	A	X	O	D	T	G	M	C	L
R	D	E	H	N	L	V	O	C	A	V	V	N	M
I	P	M	Q	K	T	I	X	J	F	R	U	I	T
N	T	O	N	C	H	I	C	K	E	N	J	N	T
E	N	C	Z	A	Y	W	N	S	T	M	I	L	K
R	S	K	I	M	F	W	T	L	E	A	N	D	B



Words to look for.
They all go down or across

FISH
SKIM
MEAT
HEART
BLOOD
YOGURT
CHICKEN
BROCCOLI
MARGARINE
WATERMELON

22356

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Teacher's Page

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HEALTHY SNACKS - FIND ALL ELEVEN !

There are eleven foods in the picture that make good snacks. They are all low in saturated fat and cholesterol. Grab your crayons and color them when you spot each one.

1. Cold cereal with skim milk
2. Toast with jam or jelly
3. Popcorn
4. Popsicles or fruit slush
5. A bowl of fresh fruit
6. Flavored low-fat yogurt
7. Celery stalk filled with peanut butter
8. Peanuts in a shell
9. Fruit juice
10. Homemade muffin
11. Peanut butter spread on crackers

22556

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CAN YOU FIND YOUR PULSE?

How many times does your heart beat a minute? Every time your heart beats,you can feel it. The motion you feel is called a pulse.

When you exercise, your heart beats faster. When you rest, your heart slows down. Exercise is great for your heart.

There are two easy places to find your pulse. One is on the side of your neck and the other is on your wrist.

To feel your pulse, gently place your first two fingers against your neck or wrist. The pictures show you where to press. Do not press hard.

1. Check your pulse.
How fast is your heart beating? _____

2. Exercise for 5 minutes.
How fast is it beating now? _____

3. Rest for 5 minutes.
What is your heart rate? _____
Is it the same as Number 1? _____

Where to press to find the pulse on your neck:

Where to press to find the pulse on your wrist

Over one half of adults do not know how to take their pulse rate and do not know how fast their heart beats.

THE BEST WAY TO BUILD A STRONG HEART

Exercise and make your heart beat faster for 20 or 30 minutes.
Exercising 5 to 10 minutes at a time is still helpful.
Some exercises are running, jumping rope, riding a bicycle, roller skating and jumping jacks.

22488

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Sample answers to . . . CAN YOU FIND YOUR PULSE?

How many times does your heart beat a minute? Every time your heart beats,you can feel it. The motion you feel is called a pulse.

When you exercise, your heart beats faster. When you rest, your heart slows down. Exercise is great for your heart.

There are two easy places to find your pulse. One is on the side of your neck and the other is on your wrist.

To feel your pulse, gently place your first two fingers against your neck or wrist. The pictures show you where to press. Do not press hard.

1. Check your pulse.

How fast is your heart beating? 60

2. Exercise for 5 minutes.

How fast is it beating now? 83

3. Rest for 5 minutes.

What is your heart rate? 60 / 64

Is it the same as Number 1? YES / NO

Where to press to find the pulse on your neck:

Where to press to find the pulse on your wrist

Over one half of adults do not know how to take their pulse rate and do not know how fast their heart beats.

THE BEST WAY TO BUILD A STRONG HEART

Exercise and make your heart beat faster for 20 or 30 minutes.
Exercising 5 to 10 minutes at a time is still helpful.
Some exercises are running, jumping rope, riding a bicycle, roller skating and jumping jacks.

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ONE-LETTER CHANGE

Change one letter in each word below to form a new word that belongs in each group. The heart-healthy foods build a strong heart. The fatty foods contain too much fat.

HEART-HEALTHY FOODS

TEACH_____PEACH_____

TORN_____

MICE_____

NEAR_____

APPLY_____

PARROTS_____

THICKEN_____

SEAS_____

FIST_____

LEANS_____

FATTY FOODS

DIVER_____LIVER_____

BUTLER_____

BIBS_____

LAKE_____

DANDY_____

LIE_____

BOOKIES_____

PURGER_____

SHIPS_____

TRIES_____

22464

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Return to Teacher's Page Answers

Answers to . . . ONE-LETTER CHANGE

Change one letter in each word below to form a new word that belongs in each group. The heart-healthy foods build a strong heart. The fatty foods contain too much fat.

HEART-HEALTHY FOODS

TEACH PEACH

TORN CORN

MICE RICE

NEAR PEAR

APPLY APPLE

PARROTS CARROTS

THICKEN CHICKEN

SEAS PEAS

FIST FISH

LEANS BEANS

FATTY FOODS

DIVER LIVER

BUTLER BUTTER

BIBS RIBS

LAKE CAKE

DANDY CANDY

LIE PIE

BOOKIES COOKIES

PURGER BURGER

SHIPS CHIPS

TRIES FRIES

22464

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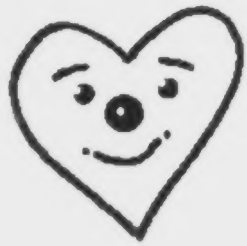
Teacher's Page

HEALTHY HEART CROSSWORD PUZZLE



ACROSS

2. A large food store.
3. Potatoes, carrots and zucchini are all_____.
7. Potato chips are a high-fat food because they are_____.
8. Tasty and yummy.
10. A green vegetable that looks like a cucumber.
13. Frozen_____.

THESE ARE THE WORDS USED IN THE PUZZLE

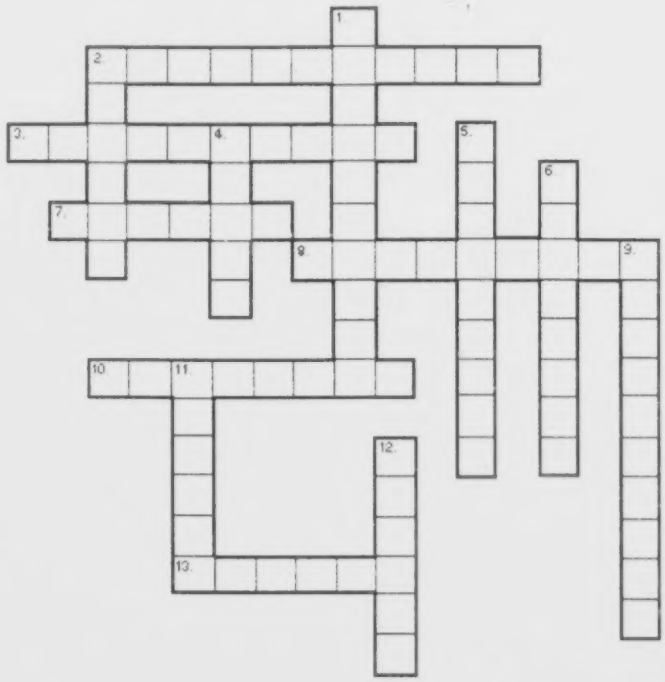
aisle
watermelon
supermarket

grated
chocolate
zucchini

broccoli
yogurt
strawberry

vegetables
sugary
delicious

greasy
creamy



DOWN

1. A large, green fruit that is red inside.
2. Fatty or sweet foods are greasy, creamy or_____.
4. Where you walk in the store.
5. The best selling ice cream flavor is vanilla; the second best selling is_____.
6. A green vegetable that looks like trees.
9. A small, red fruit.
11. Whole milk is a high-fat food because it is_____.
12. Chopped or cut into tiny pieces.

35886

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Return to Teacher's Page Answers

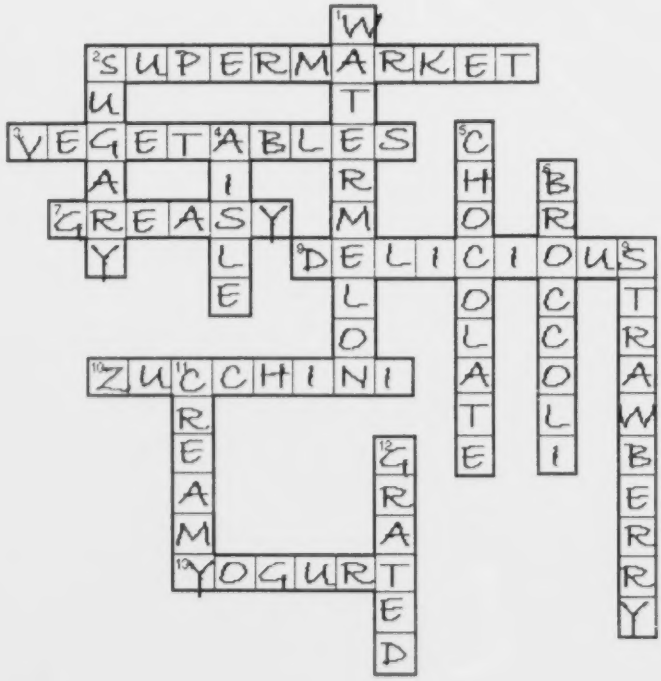
Answers to . . . HEALTHY HEART CROSSWORD PUZZLE

ACROSS

2. A large food store. SUPERMARKET
3. Potatoes, carrots and zucchini are all VEGETABLES.
7. Potato chips are a high-fat food because they are GREASY.
8. Tasty and yummy. DELICIOUS
10. A green vegetable that looks like a cucumber. ZUCCHINI
13. Frozen YOGURT.

THESE ARE THE WORDS USED IN THE PUZZLE

aisle
watermelon
supermarket
grated
chocolate
zucchini
broccoli
yogurt
strawberry
vegetables
sugary
delicious
greasy
creamy



DOWN

1. A large, green fruit that is red inside. WATERMELON
2. Fatty or sweet foods are greasy, creamy or SUGARY.
4. Where you walk in the store. AISLE.
5. The best selling ice cream flavor is vanilla; the second best selling is CHOCOLATE.
6. A green vegetable that looks like trees. BROCCOLI
9. A small, red fruit. STRAWBERRY
11. Whole milk is a high-fat food because it is CREAMY.
12. Chopped or cut into tiny pieces. GRATED

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NUTRITION HAIKU

You may already recognize "haiku" - a traditional Japanese poetry form. Each poem has three lines. Haiku (hi-koo) rarely rhymes. What's interesting and intriguing about haiku is the discipline employed by the poet. The first and third lines of haiku each contains five syllables. The second line contains seven syllables. Can you write some haiku poems about heart-healthy diet choices and an active, athletic lifestyle? We have written a few to get you started!

Fruits and vegetables
Energize slim, happy kids.
Eat that apple, please!

Spinach and skim milk,
Lean roast beef in sandwiches.
These foods keep you strong.

Drink skim milk, and eat
Yogurt, rich with calcium!
Your bones will thank you.

Get up! Get going!
Don't be a couch potato!
Exercise is great.

Meat, when it is lean
And dairy when it's lowfat
Build muscle for you.

Hot dogs, hamburgers,
Pizza and potato chips.
Fat foods hurt your heart.

I dream about sports.
All day I think of soccer.
I love being fit!

Run! Jog! Sprint! Dance! Jump!
Come on and join in the fun.
It's time to get fit.

42398

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FUN WITH ACROSTICS

We've made up some healthy acrostic messages featuring important nutrition words -- even a long one using the word "vegetables." Acrostics can be one sentence or more. Use your imagination and have fun creating your own! As you write, keep a lowfat, high energy lifestyle in mind.

Fruits and vegetables are
Useful sources of
Energy for
Lean, healthy kids.

Long walks and healthy runs
Exercise our bodies
And make our hearts strong
Now and when we're grown.

Vigorously
Exercise and avoid
Greasy, creamy foods.
Eat fruits and veggies
To grow strong
And live long.
Busy, healthy kids
Learn better and
Earn good grades.
Stay strong and smart!

Fatty foods
Are creamy and greasy.
Try to avoid them!

Healthy kids
Eat
Apples and
Raisins
To stay strong and fit.

Can you write healthy acrostic messages using these words?

HEALTH	**BANANA**
TURKEY	**MARATHON**
LOWFAT	**YOGURT**
WORKOUT	**BROCCOLI**

Can you think of other words that would make healthy messages?

42758

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FIND THE HIDDEN MESSAGE

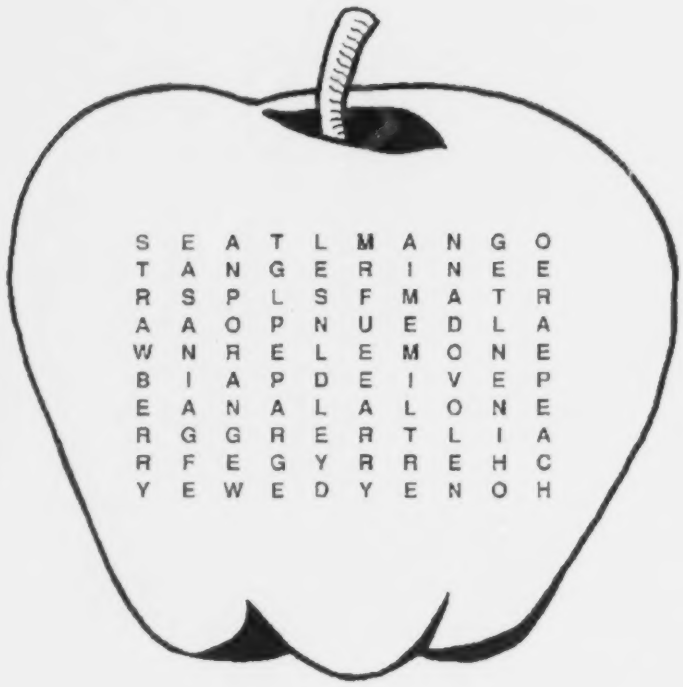
THIS IS TOUGH!

There are 15 fruits hidden in the letters below. Look across, up, down, reverse and diagonally in the letters. Circle each of the fruits you find. Some of the fruits share the same letter.

When you have circled all of the fruits, write the *unused* letters in the blanks below. Keep the letters in order, from left to right and top to bottom. You will find a very important message to live by.

APPLE
CHERRY
DATE
GRAPE

HONEYDEW
LEMON
LIME
MANGO



MELON
ORANGE
PEACH
PEAR

PLUM
STRAWBERRY
TANGERINE

ANSWER: _ _ _

Answers to . . . FIND THE HIDDEN MESSAGE

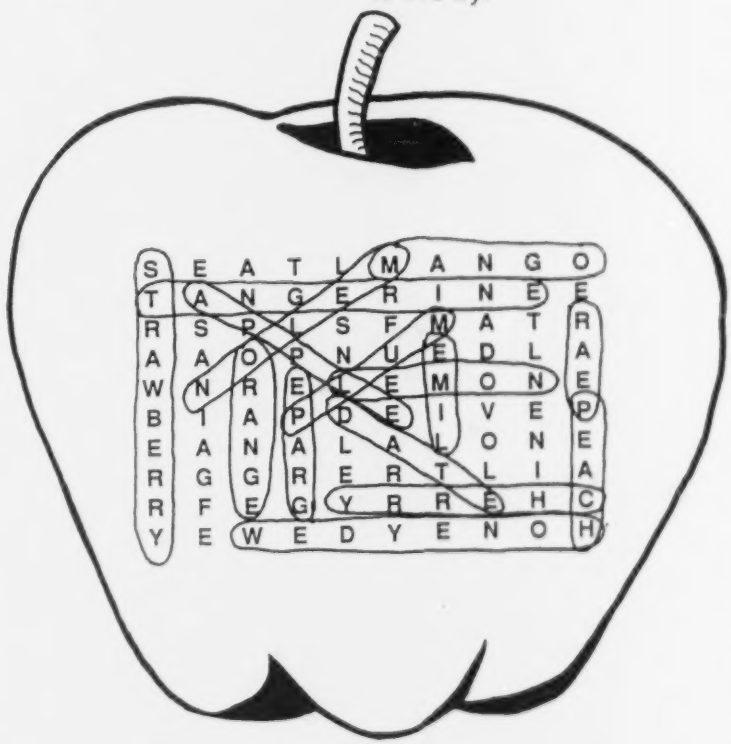
THIS IS TOUGH!

There are 15 fruits hidden in the letters below. Look across, up, down, reverse and diagonally in the letters. Circle each of the fruits you find. Some of the fruits share the same letter.

When you have circled all of the fruits, write the *unused* letters in the blanks below. Keep the letters in order, from left to right and top to bottom. You will find a very important message to live by.

APPLE
CHERRY
DATE
GRAPE

HONEYDEW
LEMON
LIME
MANGO


S E A T L M A N G O
T A N G E R I N E E
R S P I S F M A T R
A A O P N U E D L A
W N R E L E M O N E
B I A P D E I V E P
E A N A L A L O N E
R A G R E R T L I A
R F E G Y R R E H C
Y E W E D Y E N O H

MELON
ORANGE
PEACH
PEAR

PLUM
STRAWBERRY
TANGERINE

ANSWER: EAT LESS FAT AND LIVE A LONGER LIFE!

47538

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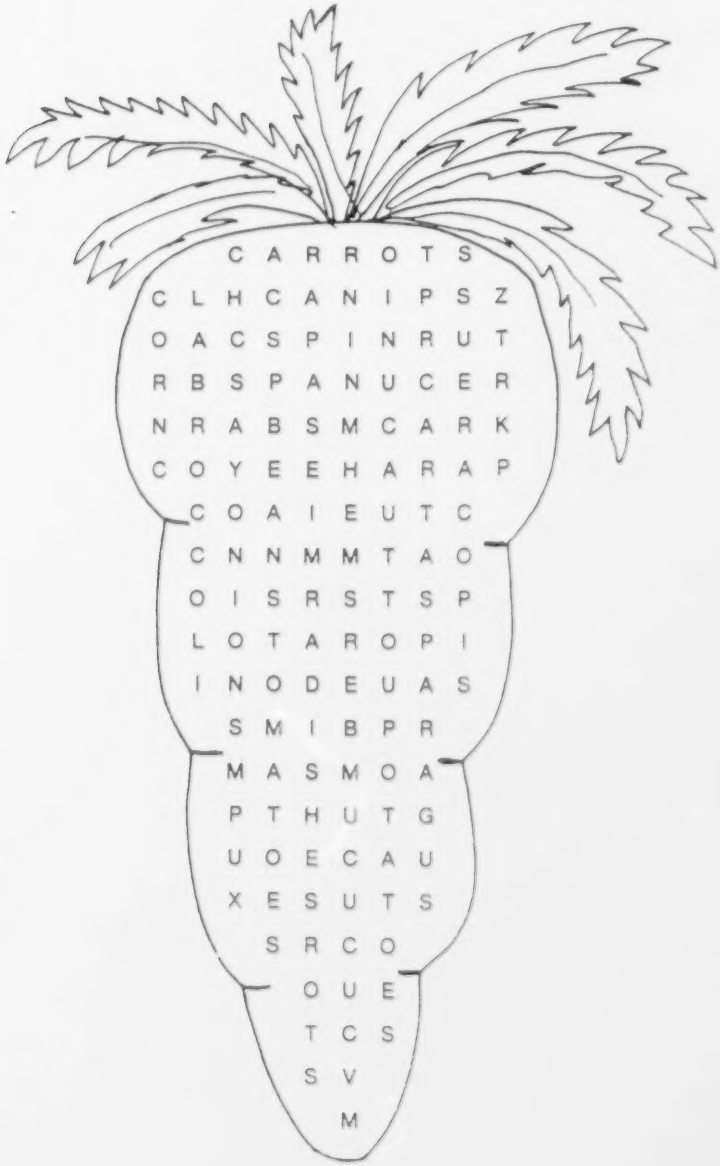
Teacher's Page

CARROTS ARE ON TOP!

Words appear across, back, down, up and diagonally. How many good foods listed below can you find in 3 minutes?
How fast can you find them all?


C A R R O T S
C L H C A N I P S Z
O A C S P I N R U T
R B S P A N U C E R
N R A B S M C A R K
C O Y E E H A R A P
C O A I E U T C
C N N M M T A O
O I S R S T S P
L O T A R O P I
I N O D E U A S
S M I B P R
M A S M O A
P T H U T G
U O E C A U
X E S U T S
S R C O
O U E
T C S
S V
M

YAMS

ONIONS

RADISHES

POTATOES

TOMATOES

BROCCOLI

CUCUMBERS

ASPARAGUS

PEAS

CORN

BEANS

BEETS

TURNIPS

SPINACH

CARROTS

ZUCCHINI

48478

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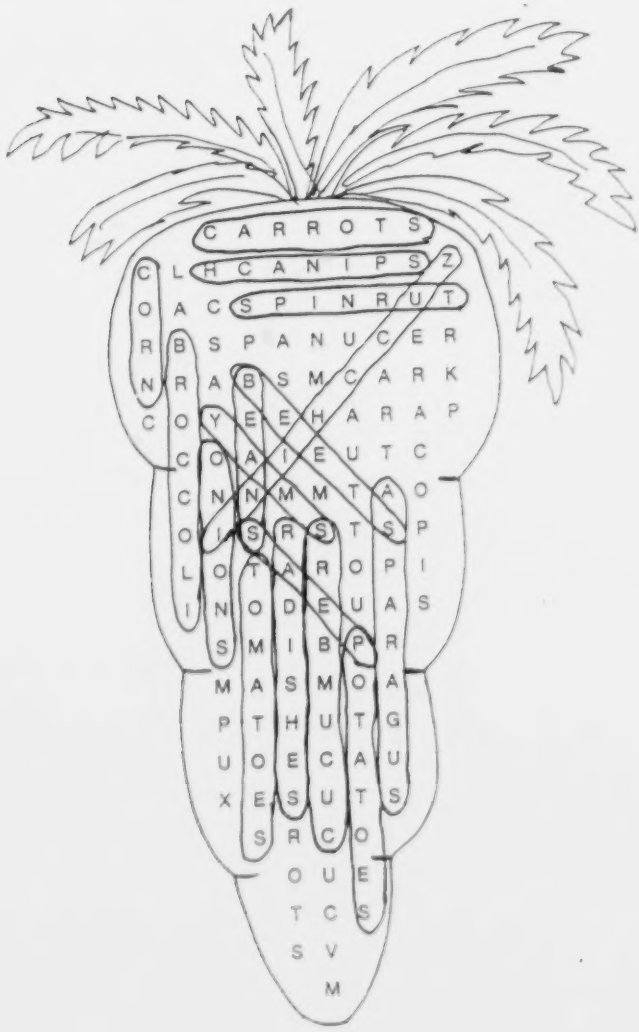
Answers to . . . CARROTS ARE ON TOP!

Words appear across, back, down, up and diagonally. How many good foods listed below can you find in 3 minutes?
How fast can you find them all?



YAMS
ONIONS
RADISHES
POTATOES
TOMATOES
BROCCOLI
CUCUMBERS
ASPARAGUS

PEAS
CORN
BEANS
BEETS
TURNIPS
SPINACH
CARROTS
ZUCCHINI

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LEARNING ABOUT LABELS

There is lots of fat in many foods you eat. How can you find out how much fat is in a particular food?

Read the Nutrition Labels!

You are lucky. The nutrition label law makes food companies show you what's in their products. The labels have only been on foods for a few years. Before that, nutrition information was very limited and often untrue. You have the advantage that your parents didn't have to help you find healthy foods to eat.

Labels tell you how many grams of fat, saturated fat, cholesterol and other nutrients are in the food. (The letter "g" means grams.) The label also defines a normal serving.

Nutrition Facts

Serving Size 5 crackers (16 g)
Servings Per Container About 20

Amount Per Serving	
Calories 80	Calories from Fat 30
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	3%
Sugars 1g	
Protein 2g	

Most Important!

Limit your intake of fat and saturated fat. The lower the number of grams the better. Get plenty of exercise. These are the most important things you can do to help take care of your heart.

Some fat calories in your diet are okay, but limit the amount. The calories you get from carbohydrates are more healthful. Some foods that are rich in carbohydrates, low in fat, and consequently good for you are:

Spaghetti	Macaroni	Bread	Oranges
Raisins	Shredded Wheat	Apricots	Grapes
Rice Krispies	Beans	Baked Potatoes	Barley
Bananas	Prunes	Apples	Melon
Sweet Potatoes	Pineapples	Bran Flakes	Rice

You can stay slim and trim by eating less fat and more carbohydrate. Exercise will develop muscle tone and promote a healthy body. There are also many exercises that will help you reduce fat and build muscle.

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HIGH OR LOW?

Exercise is fun and will help you feel great. You will have more energy, feel more relaxed, and become stronger by being active. Your muscles will firm up. Even falling asleep will be easier. You will look great and feel better than ever!

But how much do you really know about exercise? Find out with this fun quiz. Decide whether the following numbers are **HIGH or LOW.** Then check your answers to determine your score. High or low, you'll learn a lot about exercise!

1. The heart of a fit person beats **30** to **35** times per minute.
High _____ Low _____

2. For a 120-pound person, an hour of soccer burns **300** calories.
High _____ Low _____

3. Among adults over 55, **25%** report that they live a sedentary (inactive) lifestyle.
High _____ Low _____

4. In America, **100,000** deaths each year are the result of being obese.

High_____ Low _____

5. For exercise to improve your health you must work out at least **60** minutes without stopping.
High _____ Low _____

6. At a brisk walk, you're moving about **6** miles per hour.

High _____ Low _____

7. To burn one pound of fat, you must burn **1,000** calories.
High _____ Low _____

8. A quarter-pound hamburger with cheese has **400** calories.
High _____ Low _____

9. Children spend an average of **15** hours a week watching television.
High _____ Low _____

10. You should exercise for 30 minutes at least **2** times a week to be fit.
High _____ Low _____

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Teacher's Page Answers

Answers to. . . HIGH OR LOW?

1. That's **LOW**. A fit person's heart beats 45 to 55 times per minute. But an unfit person's heart beats 70 to 75 times per minute. That's very inefficient!

2. That's **LOW.** An hour of soccer burns 435 calories per hour on average. That's great exercise!

3. That's **LOW.** Surprisingly, 38% of adults over 55 are sedentary. That leads to many health problems and shortens your potential life span. But studies show if you're active while growing up, you'll become an active adult.

4. That's **LOW.** The fact is that over 200,000 Americans die of obesity-related diseases each year.

5. That's **HIGH.** Scientists used to believe that 30 minutes of sustained exercise was optimum. Now, they know that three 10-minute sessions will benefit your health just as much.

6. That's **HIGH.** A brisk walk is 4 miles per hour. At six miles an hour, you're jogging. That's an excellent exercise! Check your endurance. Try it and see how far you can go before you're really breathing hard.

7. That's **LOW.** A pound of fat actually contains 3,500 calories. It's best not to put it on!

8. That's **LOW.** A quarter-pound burger with cheese has 600 to 800 calories. It has lots of fat, too! The average student eats 20% more fat than recommended for good health.

9. That's **LOW.** The average child spends 17 hours a week in front of the TV screen in addition to the time spent on video and computer games.

10. That's **LOW.** Don't be a couch potato! You should exercise 3 or 4 times a week, or more, for at least 30 minutes (You don't have to do it all at once.) Exercise can be fun. Soccer, basketball, riding a bike or anything that gets you breathing hard is good for your heart.

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Teacher's Page

IN THE MIDDLE

Fill in the spaces "across" in each of the center rows with the name of a healthful food. Each "down" row will contain a common three-letter word. We've completed the first one for you.

P	M	A	I	R	C	E
_	_	_	_	_	_	_
T	N	E	P	D	T	F

P	M	A	I	R	C	E
O	**A**	**T**	**M**	**E**	**A**	**L**
T	N	E	P	D	T	F

A	T	E	A	P	A	A
_	_	_	_	_	_	_
E	P	F	T	T	E	H

E	B	I	A	P	I	L
_	_	_	_	_	_	_
F	T	S	E	P	Y	D

A	M	H	A	P	A	U
_	_	_	_	_	_	_
T	N	T	K	G	D	E

R	E	I	P	E	A	U
_	_	_	_	_	_	_
T	M	P	T	D	D	E

A	A	T	A	E	P	O
_	_	_	_	_	_	_
T	A	P	T	E	T	E

H	A	C	O	E	R	A
_	_	_	_	_	_	_
T	E	T	E	G	D	K

The answers may be found among these healthful foods:

cabbage	lettuce	peanuts	almonds	berries
oatmeal	walnuts	turnips	cashews	chicken
catfish	oranges	mangoes	carrots	raisins

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Answers to . . . IN THE MIDDLE

Fill in the spaces "across" in each of the center rows with the name of a healthful food. Each "down" row will contain a common three-letter word. We've completed the first one for you.

P	M	A	I	R	C	E
_	_	_	_	_	_	_
T	N	E	P	D	T	F

P	M	A	I	R	C	E
O	**A**	**T**	**M**	**E**	**A**	**L**
T	N	E	P	D	T	F

A	T	A	A	P	A	A
W	**A**	**L**	**N**	**U**	**T**	**S**
E	P	F	T	T	E	H

E	B	I	A	P	I	L
L	**E**	**T**	**T**	**U**	**C**	**E**
F	T	S	E	P	Y	D

A	M	H	A	P	A	U
R	**A**	**I**	**S**	**I**	**N**	**S**
T	N	T	K	G	D	E

R	E	I	P	E	A	U
A	**L**	**M**	**O**	**N**	**D**	**S**
T	M	P	T	D	D	E

A	A	T	A	E	P	O
C	**H**	**I**	**C**	**K**	**E**	**N**
T	A	P	T	E	T	E

H	A	C	O	E	R	A
O	**R**	**A**	**N**	**G**	**E**	**S**
T	E	T	E	G	D	K

The answers may be found among these healthful foods:

cabbage	lettuce	peanuts	almonds	berries
oatmeal	walnuts	turnips	cashews	chicken
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TEST YOUR EXERCISE AND HEART SMARTS

Answer the following questions to discover just how much you know about exercise and heart health. Even if you answer incorrectly, you'll learn a lot from the answers!

1. The buildup of plaque in arteries from eating fatty foods leads to heart attacks. This buildup begins at the following age:
- **a.** Four to six years
- **b.** Early teens
- **c.** Early twenties
- **d.** Early thirties
- **e.** Early forties

2. Which types of exercise require stretching, warming up and cooling down?
- **a.** Vigorous weightlifting
- **b.** Vigorous calisthenics
- **c.** Sprinting
- **d.** Bicycling
- **e.** All of the above

3. Lifting moderate amounts of weight makes girls look muscle bound and masculine.
- **a.** True
- **b.** False

4. The more you exert yourself, the stronger your heart will be, and the more physically fit you will become.
- **a.** True
- **b.** False

5. The great benefits of exercise are:
- **a.** Exercise cuts the risk of heart attack
- **b.** Exercise helps control weight and reduces the chance of obesity
- **c.** Exercise strengthens and tones muscles.
- **d.** Exercise increases your energy level.
- **e.** All of the above.

6. Which exercises require a helmet and/or kneepads?
- **a.** Bicycling
- **b.** In-line skating
- **c.** Skateboarding
- **d.** Standard roller skating
- **e.** All of the above

7. Physically active people are more likely to have a sudden, fatal heart attack than inactive people.
- **a.** True
- **b.** False

8. To be effective, exercise must hurt. Go for the burn!
- **a.** True
- **b.** False

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Teacher's Page Answers

EXERCISE AND HEART SMARTS ANSWERS

1. **a**, FOUR TO SIX YEARS. Cardiologists (heart doctors) used to think plaque buildup began in middle age. Autopsies done in the Korean War showed substantial buildup in 20-year-olds. Recent autopsies done on children as young as 4 to 6 showed plaque beginning to accumulate.

2. **e**, ALL OF THE ABOVE. Limbering up and cooling down slowly and gently can prevent even minor stiffness in muscles.

3. **FALSE**. Girls in weight training studies ended up smaller, not larger. Bodybuilders go to great lengths using extremely heavy weights to build big muscles.

4. **TRUE**. Physical exertion actually *prevents* damage to your heart by keeping it toned up and in good working order. When your heart is strong, you can participate in fun physical activities like sports and dance.

5. **e**, ALL OF THE ABOVE.. And there are many more, including improved sleep, increased "good cholesterol" in your blood, reduced blood pressure, and stronger heart and lungs!

6. **e**, ALL OF THE ABOVE. Hundreds of people every year suffer brain damage from head injuries, even from bicycling and skating on four wheels. Protect your knees and elbows if there's any chance you'll fall. And if you cycle in the evening, be sure you have reflective material on your bike and on your clothing.

7. **FALSE**. Studies have proven a substantially *reduced* risk of sudden death for people who are physically active.

8. **FALSE**. Overdoing it and ignoring warning pain can result in injuries to your joints, feet, ankles, legs and back.

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TWO-LETTER CHANGE

Change the first and last letter in each word below to form a new word that belongs in each group. The heart-healthy foods help build a strong heart. The high-fat foods do just the opposite . . . they contain too much fat, which can harm your heart.

HEART-HEALTHY FOODS	HIGH-FAT FOODS
THICKER ___CHICKEN___	BRAVE _____GRAVY_____
LATER _____	SORT _____
SLUG _____	PUTTED _____
EAGER _____	SURGES _____
WRAPS _____	BONUS _____
MIST _____	GIVEN _____
DREAM _____	TREAD _____
NEAT _____	TACOS _____
TASTE _____	SALTY _____
HEAT _____	TRIED _____

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Return to Teacher's Page Answers

Answers to . . . TWO-LETTER CHANGE

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HEART-HEALTHY FOODS		HIGH-FAT FOODS	
THICKER	CHICKEN	BRAVE	GRAVY
LATER	DATES	SORT	PORK
SLUG	PLUM	PUTTED	BUTTER
EAGER	BAGEL	SURGES	BURGER
WRAPS	GRAPE	BONUS	DONUT
MIST	FISH	GIVEN	LIVER
DREAM	BREAD	TREAD	CREAM
NEAT	PEAS	TACOS	BACON
TASTE	PASTA	SALTY	MALTS
HEAT	PEAR	TRIED	FRIES

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